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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
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Rye flour is always darker than wheat flour. Bleaching has little effect on the color, but improves the baking properties. Pumpernickel is an example of an all-rye-flour bread.

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Whole leaf herbs generally lose their freshness in a year or two. Color often fades sooner.

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Frosted cakes should be placed in a cardboard box before freezing. This keeps the frosting from chipping or being smashed in your freezer. When thawing, the cakes should be wrapped to prevent stickiness.

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Remember, when heating sour cream—it reacts as milk does to high temperature, and it may curdle.

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Like a tangy flavor to your meat patties? Add a teaspoon of salt per pound of meat and a little barbecue or Worcestershire sauce to the pan before cooking is completed.

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USDA suggests that chilled raw poultry should be stored promptly in the coldest part of the refrigerator—use within one or two days.

CALLING VOLUNTEERS—

"DRIVE TO SERVE"

If you drive and have an automobile available and, have time to work as a volunteer and a desire to help others—there's a job for you!

Many senior citizens are eligible to receive food through the U.S. Department of Agriculture's food donation program but do not take advantage of the opportunity because they cannot get the food from the distribution centers to their homes.

More than twenty nutritious foods are given at no cost to low-income families who cannot afford to buy the food they need. USDA provides the foods and the States distribute these foods to needy households—where possible. In many States they do not have the distribution facilities and the food remains in the warehouses or distribution centers. Due to poor health, or disabilities, or even just lack of any form of transportation, many eligible people are unable to receive the food.

If you are willing and able to help—get the details from:

Food Distribution Division
Food and Nutrition Service
U.S. Department of Agriculture
Washington, D.C. 20250

FOOD SAFETY FILM

"that the best will be ours"

A new color film explaining the story of meat and poultry inspection as administered by the U.S. Department of Agriculture has just been produced by the Motion Picture Service of USDA.

The film "That The Best Will Be Ours" explains the steps taken to assure the consumer of a clean and safe meat and poultry supply. The service, first started in 1906, has grown to cover many exacting inspection controls for packers and processors who prepare and label their products for human consumption.

The new 16 m.m. color film with soundtrack in either English or Spanish runs 18 minutes. It includes shopping, handling and preparation steps that consumers should take to insure that these foods stay as safe and wholesome as they were when they left the packing plant.

How do you get this film? It is available on loan from the cooperating State film libraries at your land grant college. Requests must be made three weeks in advance. For television showing, prints—with English or Spanish soundtrack—may be borrowed direct from Motion Picture Service, Office of Information, U.S. Department of Agriculture, Washington, D.C. 20250. The film may also be purchased from either the Motion Picture Service or National Audiovisual Center, National Archives and Records Service, GSA, Washington, D.C. 20509.

COMMENTS & INQUIRIES TO:

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WHEN AUTUMN COMES—

Birds migrate south. . . and so do people

An estimated 750,000 to 1,000,000 domestic farm workers now migrate each season to the southlands when the fall winds start to blow and there is frost on the pumpkin. Following the crops is still a way of life to some folks—and these days they often include families whose small children must also follow the path southward where the work beckons.

The orange-growing region around Orlando, Florida is a big area for migratory farm workers. Some of the farm workers live there year around but many go north for summer harvests and then return in the fall to the southern fields. When both mother and father work in the fields there is no one to care for the tiny tots. For years the little ones fended for themselves or someone had to sacrifice the money to be earned so they could stay home with them.

Today, helping hands reach out to children of migratory farm workers in the form of migrant child day care center called "Zellwood" in Orlando, Florida. Operating in two former school buildings surrounded by orange groves, the center cares for some 70 children from 2 week old infants to 5 year old pre-schoolers. The center opens by 6 a.m. to receive children from parents on their way to the fields to work.

The day care center operated for the first year on donations and the proceeds of fund-raising events. Last year a grant was received from Health, Education and Welfare for the major costs of the project and Federal funds and food from the U.S. Department of Agriculture assisted in providing food service for the center.

The food service, funded under the special food service program for children administered by USDA's Food and Nutrition Service, helps eligible public and non-profit private institutions provide non-residential day-care for children from low-income groups. It also helps in areas with many working mothers, who can receive USDA-donated foods as well as cash reimbursement for food purchased.

